

Abstract

Title: Physiotherapy with golf players having vertebrogenic disorders

Objectives: The goal of the work is to find out and analyze, from selected foreign studies, the causes of the development of the most common pathologies in the lumbar area of the spine in adults, professionals and amateurs and based on the evaluation of the studies suggest appropriate physiotherapeutic procedures to be used as a prevention against low back pain (further LBP).

Methods: The work is structured as a research, which has been created on the basis of an analysis of relevant sources. The literature, printed and electronic monographs, textbooks and specialized periodical were obtained from bibliographical databases, library catalogues and the Internet. The work contains foreign studies from USA, Canada, England and Australia. The studies were obtained from specialized medical databases: PubMed, PEDro, EBSCO.

Results: The main cause of the development of LBP in golf players is the full golf swing, especially the modern type of swing. The following pathologies mainly develop in the lumbar area of the spine within the golf players: hypertonus paravertebral muscles, prolapses of intervertebral disc, fatigue vertebrae fracture and artrophaty of facet joints. In the prevention of LBP we use physiotherapeutic processes based on diagnosis of motion apparatus, which mainly include strengthening the deep stabilization system, practicing the muscle coordination, correcting the motion stereotypes and also making use of the warm up and stretching before the training.

Keywords: golf, low back pain, golf swing biomechanics, X-factor, moving stereotype, prevention